

Your essential daily news | WEDNESDAY, JULY 27, 2016

High 30°C/Low 17°C Chance of afternoon showers 😲 🕡



StatsCan's proposa

RECORDS SEARCH

Agency wants more power to collect citizen, business info

Statistics Canada is privately floating the idea of new powers that would make all of its surveys mandatory by default and force certain companies to hand over requested data, such as credit card transactions and Internet search records.

Currently, the agency can ask for any information held by governments and businesses, but officials have long found it hard to get information like point-ofsale transactions that could give a more detailed and accurate picture of household spending.

The agency's proposal would compel governments

and companies to hand over information, and levy fines to discourage "unreasonable impositions" that "restrict or prevent the flow of information for statistical purposes."

Corporate fines would depend on a company's size and the length of any delays.

The changes would also do away with the threat of jail time for anyone who refuses to fill out a mandatory survey, such as the long-form census.

The recommendations, contained in a discussion paper Statistics Canada provided to The Canadian Press, would enshrine in law the agency's independence in deciding what data it needs and how to collect it.

New legislation to update the Statistics Act is expected to be tabled this fall, and the Liberals have promised to give Statistics Canada more freedom from government influence.

THE CANADIAN PRESS



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Your essential daily news

One of two killers of French priest was wearing electronic surveillance bracelet. World

SPECIAL REPORT: ABDIRAHMAN ABDI DEATH

Abdi was a 'peaceful person'

COMMUNITY REACTION

Neighbours share thoughts following man's death in custody



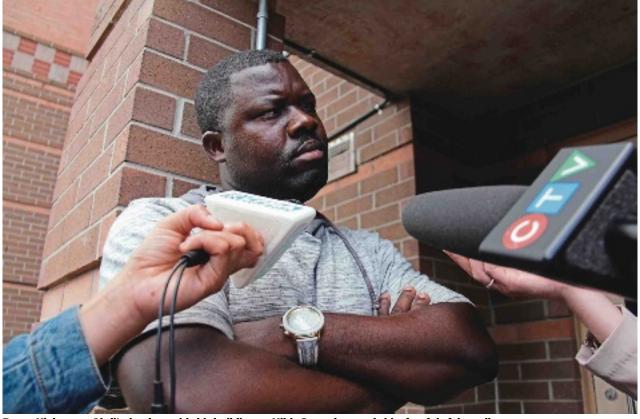
Joe Lofaro Metro | Ottawa

For the past six years, the owners of the Aljazeera Food and Meat Market in Hintonburg would often see Abdirahman Abdi stroll into their shop on Wellington Street West to buy phone cards to call his relatives in Somalia or to pick up some food for his family.

"He was a very, very quiet person. A very peaceful person. It was a big shock to me," said Hani — who declined to give his last name — from behind the counter Tuesday morning, still reeling from Abdi's death.

The 37-year-old Somali-Canadian's death on Sunday while in Ottawa police custody following an altercation outside 55 Hilda St. is sending shock waves across the immigrant community and is now the subject of an investigation by the Special Investigations Unit, a civilian police oversight agency. Several witnesses and family members say he suffered from an unspecified mental illness.

The SIU is currently interviewing two subject officers involved in the incident and



Bosco Kiabu says Abdi's death outside his building on Hilda Street has made him fearful of the police. JOE LOFARO/METRO

five witness officers.

"Sometimes I pushed him to talk because he's not that kind of person who likes to talk a lot. I chitchat with him, joke with him," recalled Hani. "He never hurt anyone with any word he mentioned."

Abdi's brother, Abdul Razaq,

dropped by the store around 3 p.m. Monday afternoon in tears and bought four phone cards, said Hani.

"He was sad, very quiet. I saw a tear. I never saw a tear on his cheek. I said, 'What's wrong?' and he said, 'The police killed him yesterday.' This is what he said, word for word," said Hani.

Graphic video footage emerged Tuesday morning on YouTube appearing to show Abdi lying motionless in front of the apartment building's entrance in handcuffs with his T-shirt and face covered in blood. At least one woman can be heard in the video wailing from inside the lobby, while a man tells four Ottawa police officers off-camera, "This is the family. I am the superintendent."

Another YouTube video — which, according to the person who posted it, was shot from

the same building's ninth floor
— appears to show Abdi moving his legs while he is pinned
underneath an officer. In the
distance, a man can be heard
yelling, "What's wrong with you
guys? What the heck?"

Questions continue to swirl around the nature of Abdi's death, which is making national headlines as the Ottawa Police Service faces backlash for how the event unfolded. Neighbours and fellow Hintonburg residents all say Abdi was a peaceful and quiet man.

Bosco Kiabu, originally from the Democratic Republic of the Congo, lives in the same building as Abdi's family. He said Abdi would often offer to help him brings bags into the building when he bumped into him. He was quiet and was not aggressive, he said.

According to Kiabu, things changed after Abdi returned to Canada from Somalia in early 2016. He was a different person, Kiabu said.

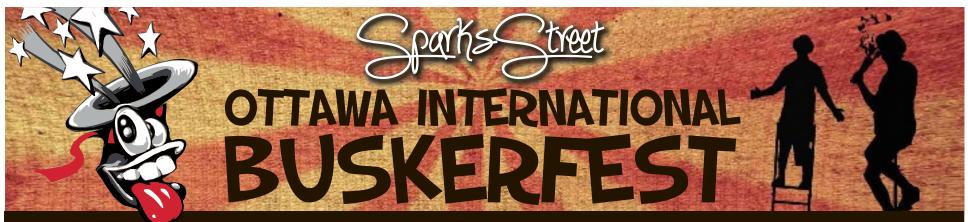
"Before he was good. He was talking," he recalled, before the trip to Somalia. But Kiabu says he noticed a change when Abdi returned from the Somalia trip.

"He was sick in the head. Like mental or something."

The incident has shaken Kiabu.

"I'm very scared. I'm scared when police come very close to me," he said.

"That imagination come to me, like, I don't know, if I say any word it can happen like (Abdi)"



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SPECIAL REPORT: ABDIRAHMAN ABDI DEATH





 Abdourahman Kahim, a friend of the family, at a makeshift memorial outside Abdi's apartment building.

2 A girl writes Abdi's name onto the apartment building wall with chalk.

3 Cardinal ice cream shop owner Andrea Stokes writes on a street sign outside her store Tuesday.

Kids write RIP with sidewalk chalk outside 55 Hilda St.

5 Flowers and candles sit under a tree just a few feet away where Abdirahman Abdi was allegedly beaten by police.

ALL PHOTOS: JOE LOFARO/METRO

Past arrest mirrors Abdi case

STEPHANE MICHAUD

2005 fatality shares alleged cause with recent tragedy



Haley Ritchie Metro | Ottawa

You have to go back 11 years to find another case in which someone died, as Abdirahman Abdi did, after being restrained by Ottawa police.

That's what happened to

Stephane Michaud in 2005. And while the circumstances of Abdi and Michaud's deaths are not the same, they are similar in that both died after being restrained by police.

Michaud, a 43-year-old Montrealer, arrived at the Ottawa airport on a one-way ticket from Halifax on the morning of June 5, 2005.

What happened next was the subject of a public inquest by Ontario's Ministry of Health and an SIU investigation.

About an hour after he arrived at the airport, Michaud — who held two university degrees, and who had been diagnosed with schizophrenia five years earlier — began acting strangely, banging his head on the floor and yelling that he wanted to die.

An off-duty RCMP officer and airport staff tried to calm down Michaud, and three men eventually restrained him until Ottawa police arrived.

But they struggled to restrain Michaud. Eventually, he was handcuffed and placed on a stretcher in "prone" position — face down, which his chest to the ground.

He was injected with a sedative and became calm — until a bystander realized his face was turning blue. Paramedics and officers tried to resuscitate Michaud, but he was pro-

nounced dead in the emergency room after arriving at the Ottawa Hospital.

The investigation into Michaud's death started in June 2005 and ended two years later when the results of a 12-day government inquest were made public. Investigators talked to family and eyewitnesses and reviewed surveillance tape to piece together what happened.

Both paramedics and police officers on scene were cleared of criminal wrongdoing.

Michaud's autopsy characterized his death as an accident, but blamed the "prone position" he was placed in for cutting off his air supply.

The inquest made 11 recommendations and criticized first responder training and response time. During the inquest, Alain Michaud, a medical doctor, linked his brother's death to similar incidents across the country where a patient being arrested has gone into "excited delirium" and eventually died after being forced into the prone position.

"I realized there were a lot of people who died in the same way as my brother," he told the Ottawa Citizen in 2006.

In the end, the inquest's recommendations resulted in 38 more paramedics being hired to improve response times, extra training to deal with psychiatric patients and a ban on using the prone position in Ottawa Paramedic Service policies.

The family didn't sue after his death, but Michaud's brother Gilles Michaud told the newspaper that he hoped the results of the inquest would prevent future deaths.



There were a lot of people who died the same way as my brother.

Alain Michaud

REACTION

Questions and calls for caution: politicians, community respond



Emma Jackson Metro | Ottawa

Politicians, community groups and advocates have been weighing in on the death of Abdirahman Abdi, who was arrested by Ottawa Police on July 24.

While the SIU continues its investigation, here's what some members of the community — ranging from politicians to members of community organizations — had to say.



Coun. Jeff Leiper:

"People can't believe that this has happened in Ottawa," said Leiper, who represents the Hintonburg neighbourhood where the arrest took place, on Tuesday.

"Like every Hintonburger, I'm feeling this loss. People are personally grieving this, they feel as though a valuable community member has been lost," he said.

While he said he has questions like everyone else, he cautioned residents not to jump to conclusions before the SIU fully investigates the incident.



MPP Yasir Naqvi:

"This is a sorrow that no family should ever have to experience," Naqvi said in a statement, in which he expressed condolences for Abdi's family, his neighbours and the

Ottawa-Somali community.

"I know from my experience working with community groups and local law enforcement that we all want our community to be safe and welcoming for everyone. This is what unites us and we are stronger when we continue to support one another."



Leslie Emory, OCISO: Leslie Emory, director of immigrant support agency OCISO, which served Abdi as a client, called for unity while the community waits for answers.

"What I really would like to see happening moving forward is that we all kind of come together, try to understand what happened, get transparency, get complete answers and then move forward together," Emory said. "And if things need to change, we work together to change those."



Amira Elghawaby, National Council of Canadian Muslims:

Council spokesperson Amira Elghawaby said "trust has been shaken" among Ottawa's Muslim community.

"There is an immediate fear of the police in such a situation where a man has now passed away," Elghawaby said.

But the council is also heartened by Ottawa Police's "robust community engagement" strategy.

"We've heard the right messaging, at least, from the police service," she said.

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Heaven Stewart passes chalk to a child in her home daycare service as they play on the driveway where toys and play structures were taken, after an ad listing the items as free for the taking was posted on Kijiji. Justin TANG/FOR METRO

Fake 'free toys' ad rips off daycare

Owner away while strangers unwittingly looted her yard



Lucy Scholey Metro | Ottawa

As a home daycare provider, Heaven Stewart is used to having a yard full of colourful toys.

But she found her children's playthings missing on Sunday after someone posted a Kijiji ad for "free toys" with her Bells Corners address.

Toy structures, water and sand tables, a picnic table, and a teeter-totter are among the items missing from her property. She also had to throw out a large trampoline after someone sliced through the jumping mat. She estimates about \$4,000 in lost or vandalized stuff.

how somebody can have that much hate for children playing and children's toys," she said. "I don't know what would possess somebody to think

that that's OK to do that to somebody's property.'

While she wouldn't name names, Stewart suspects a neighbour is behind the ad.

They had told us that it was an eyesore, that our toys are an eyesore and that the kids are loud out there playing sometimes," she said.

As her yard was being looted on Sunday, Stewart was returning home from a weekend at the lake with her husband. Her teen daughter noticed the Kijiji posting while at work, and sent the ad to her mother.

It read: "FREE TOYS closing home daycare ... we got them for free so we are passing them on to someone who can use them. First come first served NO EMAILS must be

\$4,000

value of the articles lost or vandalized

we are donating them. Please leave trampoline. Help yourself ... thanks." The ad listed the

family's Bells Corners address and went on, "take lit-

tle cars underneath trampoline too..."

Stewart doesn't blame those who took the toys, but whoever posted the ad. She said she has notified the police and Kijiji.

Ottawa police spokesman Cst. Chuck Benoit confirmed that police are investigating.

In the meantime, Stewart has posted a new ad asking that the toys be returned.

So far, a couple of toy cars have come back.

She's currently sharing guardianship of two children, aged three and five, who also played with the toys.

The daycare kids were sad, but the little kids that live here were saddest. It's their things too," she said.

ALCOHOL

LCBO launches online sales with home and in-store delivery

The Liquor Control Board of Ontario launched online sales Tuesday with a website that lets people buy from nearly 5,000 products and have them delivered to their home or a local liquor store.

Finance Minister Charles Sousa said the creation of LCBO.com shows the government-owned liquor agency's commitment to evolve and modernize, and will provide greater convenience for consumers.

'The virtual shelf space now available to small wineries and breweries is fantastic," said

"Consumers who may not have their favourite product at their local store will now have 5,000 products available right at their fingertips, and they'll be able to find what they need with the click of a mouse."

There is a \$50 minimum for any purchases through LCBO. com and purchases could be delivered to a neighbourhood LCBO store for free, or to a customer's home through Canada Post for a \$12 fee plus tax. Postal workers will have to ask for identification or return the liquor to the postal

depot for customer pickup.

The online sales site will be a huge boost to Ontario wineries, breweries and cider producers, predicted LCBO president and CEO George Soleas.

"If I was a small brewery or small winery and was only able to deliver to five or 10 LCBO stores, now we've opened the entire province to that small brewery or winery," he said. "So if you're participating with ecommerce, you can have your products delivered now to anywhere in the province of On-

and Quebec will also be available at LCBO.com thanks to an agreement reached last Friday by the premiers of the three provinces, added Sousa, who made some online purchases himself Tuesday morning.

"You can also identify product by region, so I actually used Niagara as one region and the Okanagan from B.C. as another region," he said. "And of course it's not just wines; it's beer, it's spirits and a host of other products that are available."

The LCBO.com site will also

be good for suppliers of alcoholic beverages from around the world who are not well represented in LCBO stores because they don't meet the production quotas needed to be listed by the liquor agency.

There are no more quotas for these products as long as they're willing to participate in e-commerce," said Soleas.

The LCBO said 800 of the products available online will be exclusive to LCBO.com and will not be available in any of its 655 retail outlets.

The online portal already lists

more products than are carried in any LCBO store, added Soleas, who said the agency's flagship retail outlet in Toronto carries about 3,400 products while the large Summerhill store in Toronto carries about 4,000.

The agency said LCBO.com could eventually list up to 16,000 products for sale.

The LCBO reported record sales of \$5.6 billion in 2015-16, up 6.8 per cent over the previous year, and paid a dividend of \$1.9 billion to the government, an increase of \$130 million. THE CANADIAN PRESS

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Police save two from watery peril

two people in two separate water-related incidents on

At around 10:30 a.m., MRC des Collines police pulled an 84-year-old woman from the Gatineau River. She was "almost completely submerged," according to a police news release, but had been holding on to a rock for about two hours. The woman, who has Alzheimer's, had been reported missing by her spouse.

Those same officers then responded to a call at around 1:30 p.m. from a 45-year-old man "suffering from psychological distress" who said he wanted to commit suicide. Police found him unconscious in the middle of Meech Lake, with his head in the water. Police pulled him out with a canoe and transported him to shore, where RCMP officers and paramedics were also on site.

Both rescuees are expected to live. LUCY SCHOLEY/METRO



Driver nearly hits woman while hunting Pokémon

Police say a woman playing Pokemon Go in a parking lot north of Toronto was nearly hit by a driver who was also playing the wildly popular smartphone game.

Police in Innisfil, Ont., say as officers were interviewing the woman, the driver returned and admitted to playing the game at the wheel.

Investigators say the driver couldn't be charged because no collision occurred. THE CANADIAN PRESS metr

NEWS Ottawa Wednesday, July 27, 2016



Moose Consortium, a group of 12 mostly locally owned businesses, is pushing to build a train route extending as far as Arnprior, Smiths Falls and Alexandria on the Ontario side of the Ottawa

Full steam ahead for Ottawa's privately owned commuter rail

TRANSPORTATION

Line to link six towns via 400 kilometres of extant track



He might be riding his proposal for a privately backed commuter train into uncharted territory, but that hasn't dampened Joseph Potvin's sense of optimism.

Potvin is director general of Moose Consortium, a group of 12 mostly locally owned businesses pushing to build a train that would link six rural Ontario and Quebec communities to downtown Ottawa using 400 kilometres of existing track.

No one in this country has launched a railway using nothing but private money in more than a century, a fact the Chelsea-based economist is well aware of. But he believes there's no time like the present to revive such a concept, and he thinks his group has just the plan to do it.

"Every study that has been done in North America and the world on metropolitanscale passenger rail shows that there are significant property value impacts," Potvin says, explaining that his consortium won't actually build the stations — which would number as many as 50 in the group's long-term plan — itself.

Instead, Moose will turn the

Under Moose Consortium's plan, the railway would stretch its tentacles in all directions, extending as far as Arnprior, Smiths Falls and Alexandria on the Ontario side of the Ottawa River while stretching to Bristol, Wakefield and Monte-

> bello in Quebec. Moose would lease the tracks from a host of partners, including the cities of Ottawa and Gatineau, VIA, Canadian Pacific Railway and Canadian

task of developing stations

and their surrounding lands

over to other private entities.

Potvin is banking that com-

mercial enterprises will want

to set up shop near the sta-

tions and believes homebuild-

ers will target nearby lands for

Moose would then split

profits from any long-term

property value gains with its

station partners and collect

a fee for providing the tracks

velopment) potential in a lo-

cation, then there won't be

train service there," he says.

"It's really quite simple."

"If there's not enough (de-

future development.

and trains.

National Railway.

Stations would be built an average of eight kilometres apart, and passengers would travel on double-decker dieselelectric trains that would eventually hook up with Ottawa's light-rail service to deliver commuters downtown.

The group has applied to the Canadian Transportation Agency for a certificate of fitness to allow it to move forward with its plan and hopes to gain the necessary approvals by this fall.

Transport Canada would also have to sign off on the plan, and there are 15 municipal governments who all want a say in a proposal involving trains passing through their boundaries.

Recently, the group presented a plan to spend \$50 million to overhaul the Prince of Wales rail bridge connecting Ottawa to Gatineau. The 135-year-old structure is owned by the City of Ottawa, which would need to approve the retrofit, and technically falls under the jurisdiction of the Canadian Transportation

A MAYOR'S PERSPECTIVE

Commuters in Smith Falls will benefit, says Pankow

Smiths Falls Mayor Shawn Pankow supports the project, claiming a commuter train could help attract new residents and commercial development to the town of 9,000.

"We have a large number of people who commute to (Ottawa) for work, and enabling people to

get there quicker, more efficiently, more costeffectively creates more demand for people to move to our community,"

"I think, when we first heard about this a few years ago, it seemed a little bit pie-in-the-sky at the time. They've come a long way to get to where they are today."

Agency because it crosses an interprovincial border.

Potvin concedes that not all municipal politicians the group has spoken with are fully on board with the plan. Some residents who live near the proposed lines have expressed concerns about noise and safety among other issues, he explains.

Ian Lee, a professor at Carleton University's Sprott School of Business, cautions the group still must navigate through more red tape before it reaches

its goal.

He also notes it faces another major hurdle — convincing automobile-loving commuters to ditch their vehicles and hop on the train.

"They're not competing with buses, they're not competing with other trains – this consortium is essentially competing with the automobile," he says.

"The fact remains, the car is overwhelmingly the No. 1 choice of transportation in



Every study that has been done on metropolitan-scale passenger rail shows that there are significant property value impacts. Joseph Potvin

Wednesday, July 27, 2016 Canada Metr®NEWS

Banks to hand over offshore files

REVENUE AGENCY

Feds win orders in fight against tax cheats

The Trudeau government has won a round in its battle against offshore tax cheats.

Two banks have agreed to give the federal revenue minister information from the accounts of a Caribbean financial institution to help the government crack down on Canadian tax evaders.

The Federal Court of Canada has approved federal requests for seven years' worth of transaction information from the Royal Bank of Canada and Citibank, N.A., related to accounts in the name of Cayman National Bank Ltd.

The Royal Bank and Citibank — neither of which opposed the federal demands — have 120 days to hand over records from Jan. 1, 2009, through Dec. 31, 2015, including account statements, deposit slips, cheques, bank drafts and wire transfer orders.

The Canada Revenue Agency

plans to comb through the data to see if Canadian residents are using the Canadian dollar accounts, opened by Cayman National Bank, to transfer funds to Canada and avoid reporting taxable income from their foreign holdings.

7

The Federal Court of Canada has approved federal requests for seven years' worth of transaction information from the Royal Bank of Canada and Citibank, N.A.

The move is part of the government's ongoing efforts to fight offshore tax evasion, said revenue agency spokesman David Walters. "The CRA is committed to combating the abusive use of offshore jurisdictions and protecting the integrity of the Canadian tax system."

In an affidavit filed with the

Federal Court, David Letkeman, an auditor with the agency's off-shore compliance section, says past investigations have confirmed that Canadian residents use accounts with foreign financial institutions to hide taxable income.

"In my experience, the expectation of such persons is that the CRA would not discover the entities, accounts and omitted income."

In this case, the revenue agency has not yet identified Canadians suspected of an off-shore tax dodge. However, Letkeman says the agency was alerted to the possible Cayman ruse by a Canadian woman who voluntarily disclosed her dealings through a special program that allows those who come forward to avoid prosecution.

Documents showed the woman's funds flowed from the Cayman Islands — through Cayman National Bank's correspondent account with the Canadian branch of Citibank, N.A. — to a Canadian bank account in her name. The CANADIAN PRESS



Travis Ames, right, is competing in this weekend's Canadian Drone Racing Championships. Adam O'Brien is the owner of Drone Zone, one of the event's sponsors. KEVIN TUONG/FOR METRO

TECHNOLOG

Racers converge on Canada's first drone championships



Racing is the next big thing to hit the drone world, and it's coming to Edmonton.

This weekend sees the first Canadian Drone Racing Championship Cup, held in Edmonton, and it's all going down in a custom-built indoor course on the K-Days grounds.

It's one of the first major drone races to happen in Canada.

The course features obstacles like bends, curtains and nets that drones must navigate, even as they reach speeds up to 160 km/h. The people flying them are seated, and wear goggles that allow them to see the feed from a drone-mounted camera, as if they were actually flying.

"I've always been into speed and sports, like go-karting and racing dirt bikes," said Travis Ames, one of the almost 30 racers competing for the \$1,000 prize this weekend.

"But you'll get injured riding dirt bikes, but when you're piloting a drone you can push yourself," he said, "and when you hit the tree and destroy the drone you're like, 'I'm still alive!'"

Ames started racing about eight months ago, and now flies about "10 batteries a day"

(because racing drones are so lightweight a battery only lasts three to four minutes, so pilots tend to measure time in battery packs rather than minutes).

Ames said he's looking forward to the weekend to meet new people and learn from other pilots. In such a new field, everyone still has a pretty unique flying style and drone build

Adam O'Brien, owner of local online shop Drone Zone, the event's title sponsor, said he hopes the event raises awareness for an up-and-coming sport.

"Who doesn't like something that's small, that goes fast and has crazy control? It's pretty obvious that these things are not easy to fly, so the difficulty part is cool, too."

O'Brien added that given Edmonton's rapidly growing tech sector, the city is a natural fit for drone racing.



You'll get injured riding dirt bikes, but when you're piloting a drone you can push yourself.

Travis Ames

IN BRIEF

Pilots arrested on alcohol charges get bail

Two airline pilots charged with being drunk as they prepared to fly a passenger jet on a trans-Atlantic route to Toronto have been granted bail on condition they surrender their passports.

Jean-Francois Perreault, 39, and Imran Zafar Syed, 37, were arrested at Glasgow Airport on July 18, shortly before they were due to fly an Air Transat jet to Toronto. The two men had been held in custody since their arrest.

Examine origins of Canada's opioid crisis: Minister

It remains a mystery why Canada and the U.S. are the world's heaviest opioid users, but Health Minister Jane Philpott says divining the answer may hold the key to solving what she considers a national public health crisis.

Philpott, a physician herself, said the problem has only grown worse over the last several years as the number of overdoses and opioid-related deaths has continued to grow.

THE CANADIAN PRESS

Christian law school wins legal battle in Nova Scotia

The Nova Scotia Court of Appeal on Tuesday upheld a decision allowing graduates of a controversial Christian university law school to practise in the province.

The court dismissed an appeal from the Nova Scotia Barristers' Society fighting accreditation for graduates of Trinity Western University law school, which is under scrutiny for forbidding sexual intimacy outside heterosexual marriage.

THE CANADIAN PRESS



metr
NEWS World Wednesday, July 27, 2016

Terrorists kill elderly priest

NORMANDY

Daesh claims responsibility for attack on church

Daesh crossed a new threshold Tuesday in its war against the West, as two of its followers targeted a church in Normandy, slitting the throat of an elderly priest celebrating Mass and using hostages as human shields before being shot by police.

It was the extremist group's first attack against a church in the West, and fulfills long-standing threats against "crusaders" in what the militants paint as a centuries-old battle for power. One of the attackers had tried twice to leave for Syria; the second was not identified.

"To attack a church, to kill a priest, is to profane the republic," French President Francois Hollande told the nation after speaking with Pope Francis, who condemned the killing in the strongest terms.

The Rev. Jacques Hamel was celebrating Mass for three nuns and two parishioners on a



Two women mourn in front of the city hall of Saint-Etienne du Rouvray Tuesday in tribute to Rev. Jacques Hamel, bottom. CHARLY TRIBALLEAU/AFP/GETTY IMAGES; BOTTOM: DIOCESE OF ROUEN VIA AP

quiet summer morning in Saint-Etienne-du-Rouvray when the attackers burst in and forced the 85-year-old priest to his knees before slicing his throat, according to authorities and a nun who escaped.

The two attackers were killed by police as they rushed from

the building shouting "Allahu

Akbar," Paris prosecutor Francois Molins said.

One had three knives and a fake explosives belt;



the other carried a kitchen timer wrapped in aluminum foil and had fake explosives in his backpack.

One of the assailants was identified as Adel Kermiche, a 19-year-old who grew up in the town and who had tried to travel to Syria twice last year using

66

To attack a church, to kill a priest, is to profane the republic.

President Francois Hollande

family members' identity documents, but was arrested outside France and handed preliminary terrorism charges.

Kermiche was put under house arrest with an electronic surveillance bracelet after a judge overruled prosecutors and agreed to free him, Molins said. However, the bracelet was deactivated for a few hours every morning as part of the surveillance agreement, Molins said — hours that corresponded to the time of Tuesday's attack.

A statement published by the Daesh-affiliated Amaq news agency said Tuesday's attack was carried out by "two soldiers of the Islamic State" who acted in response to calls to target nations in the U.S.-led coalition fighting the extremist group in Iraq and Syria.

Japan shocked by mass murder

The killing of 19 people at a home for the mentally disabled raised questions about whether Japan's reputation as one of the safest countries in the world is creating a false sense of security.

The deadliest mass killing in Japan in the post-World War II era unfolded early Tuesday in Sagamihara, a city about 50 kilometres west of central Tokyo, when authorities say a former employee broke into the facility and stabbed more than 40 people before calmly turning himself in to police.

While not immune to violent crime, Japan has a relatively low homicide rate of well under one per 100,000 people. Mass killings usually are seen half a world away on the nightly news, although seven Japanese were among the dead in a recent hostage-taking in Bangladesh that targeted non-Muslims.

THE ASSOCIATED PRESS

POLITICS

First Lady earns new fans

Sorry, Democrats. #ElectMichelle will never be more than a wishful hashtag.

The same thing that made Michelle Obama such a powerful voice for Hillary Clinton at the Democratic convention makes it unlikely she'll spend a huge amount of time on the campaign trail or, heaven forbid, run for president: She's just not a political animal.

That's sorry news to delegates who were moved to tears by the first lady's nailed-it speech at the convention Monday night, where she delivered a compelling argument for Clinton's election from the perspective of Sasha and Malia's mom and also managed to skewer Donald Trump without uttering his name.

Democrats were still enthusing over Mrs. Obama's speech the next day — and hoping the first lady's message would help win over those who have yet to commit to Clinton.

"Imagine yourself being a Bernie-or-Bust person listening to that," said Rep. Keith Ellison, a prominent Bernie Sanders supporter during the primaries. "You've gotta kind of say, 'Well, I guess Michelle has an important point to make here.' This is how we get to unity."

Before the first lady's speech, New York's Daily News tweeted out its planned front page,



Michelle Obama's speech wowed the Democratic National Convention. JOE RAEDLE/GETTY IMAGES

focused on Clinton-Sanders discord. Three hours later, the paper tweeted: "Stop the Presses! New front ... THE LADY IS HER

CHAMP. Flotus speech brings down the house."

Creative twittering commenced, involving the hashtags #ElectMichelle, #FLOTUS-forPOTUS and #Obama2020.

Even Trump, who has an insult ready for any Democrat who crosses his path, had only nice things to say.

"I thought her delivery was excellent," he said in an interview with The Hollywood Reporter. "I thought she did a very good job. I liked her speech."

Martha McKenna, a former political director for Senate



On Tuesday evening, Hillary Clinton won the convention votes needed to capture the Democratic presidential nomination and make history as the first woman to become the White House nominee of a major U.S. political party.

Democrats, said it looked like Mrs. Obama was having fun on the stage, "so I'm hopeful that that's a sign that means that she's going to keep doing it."

Yes, and no.

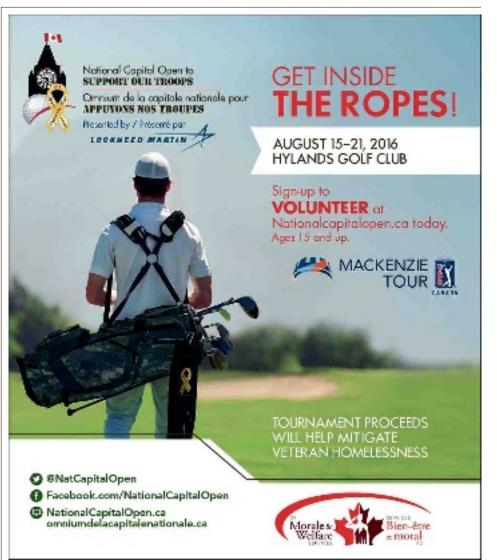
Although Mrs. Obama is expected to campaign for Clinton, the White House has not set expectations high for a rigorous pace.

The first lady said early on in her husband's tenure, "Politics is important ... but it's not who I am and it's never been a goal of mine."

As for talk of political aspirations for the first lady herself, her husband has a big bucket of cold water at the ready.

The president told a town hall earlier this year: "There are three things that are certain in life: Death, taxes and Michelle is not running for president."

THE ASSOCIATED PRESS



BlackBerry reveals its new phone

MOBILE DEVICES

DTEK50 built to fend off cyberattacks, company says

In a bid to once again make its struggling hardware business profitable, BlackBerry is launching a new smartphone billed as the most secure Android device available.

The company on Tuesday unveiled the DTEK50, a phone it hopes will appeal to "everyone" due to the insidious threat that mobile security risks now pose to the public.

BlackBerry said the DTEK50 has been designed to fend off cyberattacks with features such as built-in malware protection and encryption of all user information. In addition, it provides the ability to see and control which apps are allowed access to features like the phone's camera.

The phone is BlackBerry's thinnest a n d h a s an onscreen keyboard — not its traditional keyboard.



500,000

sales in total (including the Priv), according to its most recent quarterly results — a drop of 100,000 over the previous quarter and 200,000 fewer than two quarters earlier.

The DTEK50 will retail for \$429, a sign that the company may have learned from the sales flop of its first Androidpowered phone, the Priv. At a cost of \$899 without a carrier contract, the Priv was released late last year and at the time, it was the most expensive Android phone on the market.

But that price likely won't be enough to win over a large number of customers, said Detlev Zwick, an associate professor of marketing at York University's Schulich School of Business. "If they really want to change momentum, BlackBerry

would need a hit with a handset," he said. "This is not it.'

The DTEK50 is available for preorder online, with shipping to start Aug. 8.

THE CANADIAN



U.S. lays out response plan for cyberattacks

The White House warned Tuesday of a "revolution" of computer-generated threats to the U.S. stoked by growing cyber aggression by traditional U.S. foes like Russia and North Korea, and issued a colour-coded response plan for the U.S. government to use after major cyberattacks.

Lisa Monaco, U.S. President Barack Obama's homeland security and counterterrorism adviser, said while Russia and China grow "more assertive and sophisticated" online, Iran has attacked U.S. banks and North Korea is showing a willingness to attack companies and countries alike. She also warned that non-governmental actors, like

Daesh and "hacktivists," are finding it easy to advance their goals through the internet.

"To put it bluntly, we are in the midst of a revolution of the cyber threat - one that is growing more persistent, more diverse, more frequent and more dangerous every day," Monaco said at a cybersecurity conference in New York.

Aiming to streamline Washington's response to major attacks, Obama released a presidential policy directive that establishes six levels of severity for attacks, a colour-coded system formally used by the Homeland Security Department. THE ASSOCIATED PRESS

AUTOMOBILE SCANDALS

Investigators say Tesla car speeding at time of crash

The driver killed when his Tesla sedan crashed while in self-driving mode was travelling at 9 mph (about 14 km/h) above the speed limit just before hitting the side of a tractor-trailer, U.S. accident investigators said.

Data downloaded from the Tesla Model S shows the vehicle was travelling at 74 mph (119 km/h) in a 65-mph zone in Williston, Florida, the National Transportation Safety Board said in a preliminary

The driver was using the sedan's cruise control and lane-keeping features at the time, the report said. THE ASSOCIATED PRESS

Volkswagen emissions deal clears its first hurdle

THE ASSOCIATED PRESS

The number of craft

A U.S. judge on Tuesday gave preliminary approval to a nearly \$15 billion US settlement over Volkswagen's emissions cheating scandal. The deal includes an option for owners to have the carmaker buy back their vehicles.

The German carmaker has agreed to spend up to \$10 billion buying back or repairing about 475,000 Volkswagens and Audi vehicles with 2-litre diesel engines and paying their owners an additional \$5,100 to \$10,000 each.

The deal does not cover Volkswagens and Audis with 3-litre engines. THE ASSOCIATED PRESS

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Ontario is looking at B.C. tax aimed at foreign homebuyers

Ontario finance minister Charles Sousa says he will be examining British Columbia's new tax aimed at foreign homebuyers "very closely," as he looks for ways to address eroding affordability in Toronto's housing market.

Sousa spoke enthusiastically about an announcement made Monday by B.C. Premier Christy Clark and B.C. Finance Minister Mike de Jong to impose a 15 per cent tax on foreign nationals looking to snap up homes in Vancouver's scorching real estate market.

"I welcome what (de Jong) is putting forward, and we're certainly looking at whatever options can be made available," he said during a news



We've got to be cognizant of the impacts of those decisions.

Charles Sousa

conference Tuesday.

But, he added, it's important to consider that any similar policies introduced to cool down Toronto's heated market could have knock-on effects to other parts of Ontario that aren't experiencing the same run up in house prices.

"So we've got to be cognizant of the impacts of those decisions," said Sousa, who is part of a committee, alongside Federal Finance Minister Bill Morneau and B.C. Finance Minister Mike de Jong, looking for ways to improve housing affordability in Canada's hottest markets.

A report from Canada Mortgage and Housing Corporation back in April pegged the rate of foreign ownership in Toronto's condo market at 3.3 per cent.

THE CANADIAN PRESS

METEWS

Your essential daily news

Wednesday, July 27, 2016

GUEST OP-ED ROBIN V. SEARS DEFENDS U.S. CONVENTION GLITZ



If you had sat in New York when Mario Cuomo gave his 'city on the hill' speech, or in Denver as Obama captivated more than 50,000 souls, you'd have respect for the power of American political showmanship.

It is a predictable four-year ritual for Canadian pundits to sneer at the glitz, showmanship and substance-free style of American political conventions. Those sneerers merely reveal their ignorance of cultural differences.

First, U.S. conventions on television are the tip of a political iceberg. Each day there are more than one hundred caucuses, off-site speeches and parties, parties, parties, parties, Having sacrificed my liver in the interests of political education on more than 10 occasions as a "foreign guest" of both Republican and Democratic conventions, I can attest that they are a powerful and effective political tool.

Yes, we would not feel comfortable being used as a TV audience for four hours for four nights at our conventions. And yes, the glitz and hyperbole and the comedians and stars seem over-the-top to Canadian sensibilities. We are not Americans.

When U.S. visitors sag wearily at our less show-bizzy conventions and roll their eyes at our captivating two-hour constitutional debates, we should perhaps honour, not sneer at, our cultural differences. Our respect for those differences is an important glue in our friendship.

If you sat in New York when Mario Cuomo gave his "city on the hill" speech; or saw the unknown state senator from Illinois electrify the 2004 convention in Philadel-

This is not about showbiz, it is about political mobilization. No one can dispute their approach is more effective than ours. phia, watched in horror by Hillary Clinton only a few feet away; or sat slack-jawed in 2008 as Obama in Denver captivated more than 50,000 souls, who had waited not less than three hours frying in 30 C-plus heat in a massive stadium — you'd have respect for the power and impact of American political showmanship.

Common to both our convention cultures is bonding — activists who never get to see each other

have become too elitist, too exclusive ... and worst of all, too boring to a new generation.

Would any Canadian political-convention director have had the guts to risk potty-mouthed Sarah Silverman and Sen. Al Franken doing a comedy routine on opening night? Or risk having a cerebral-palsy speaker becoming a lightning rod for exploitation criticism?

Candidly, no. As a result, Canadian political conventions get embarrassing TV



ONLY IN AMERICA Sen. Al Franken and comedian Sarah Silverman speak during the first day of the Democratic National Convention in Philadelphia on Monday. THE ASSOCIATED PRESS

except at these occasions will drink, eat and ... spend the night together. Sometimes in ways that form the bonds of party solidarity, sometimes generating the next generation of convention partiers. Alliances are struck; political partnerships are formed. Political wounds are healed over a final 4 a.m. toast in a garbage-strewn empty hospitality suite.

Political parties have a hard time today winning a share of their activists' time and enthusiasm. They compete with Pokémon, Snapchat and preening sports stars for attention. It's partly their fault: They

ratings. The best nights for U.S. conventions are at the level of Super Bowl audiences.

This is not about showbiz; it is about political mobilization. No one can dispute their approach is more effective than ours. Behind the scenes they do the private interpersonal work of party building. In public they do the work of introducing their voters to their choices in a compelling and high-impact manner.

Proof?
Each party typically gets
a 3 to 6 per cent boost in
popularity following their
nights of celebration. Ours
never do.

So the next time someone sneers at the "shallow American glitz" of U.S. political conventions, you might mildly point them to YouTube highlight reels: Goldwater's 1964 "Extremism is no vice!" speech, Jesse Jackson's bitter concession speech, Bill Clinton's stage-stealing speech in 2008 and a dozen others.

This year, turn to the DNC's "Studio 2016" on your smartphone to see not only a live stream of the entire convention but dozens of side alleys to interviews, profiles and commentary provided by a huge team of digital-production experts. Then be in awe of the ability of America's political professionals to meld star power, technology and political organization in a way no other democracy can do.

If you need further proof about impact, look up Cory Booker, as the networks split the screen to show the oratorical political star of his generation, Bill Clinton, stare at first skeptically and then with smiling interest and finally with ecstatic pleasure at Booker's barnburner. See Michelle Obama deliver a speech so stunning it will be studied for years. Elizabeth Warren's forensic evisceration of America's Berlusconi. And Bernie Sanders' demonstration of genuine political grace in rallying his heartbroken supporters to his enemy.

Imagine the young voter in rural Mississippi or a Newark slum moved by such oratory, seeing for the first time possibility and promise and potential. Then accept that yes, U.S. conventions are very American.

But no, they are not shallow. They are a key pillar of their democracy.

Robin V. Sears is a leadership fellow at the Broadbent Institute.

'Peg deserves better than to have Hull in hall



Colin Fast Metro | Winnipeg

For the past 15 years, True North Sports & Entertainment has been an ideal corporate citizen in Winnipeg. It brought two professional hockey teams to town (the Winnipeg Jets and, before them, the Manitoba Moose), built an arena and a training complex, raised millions for charities and is investing millions more in redeveloping the city's downtown.

So why the hell is the company inducting Bobby Hull into its new Winnipeg Jets Hall of Fame?

Of course Hull is celebrated locally for his role in bringing pro hockey to Winnipeg in the early 1970s and for helping the Jets win several WHA championships. His exploits on the ice are unassailable.

Unfortunately, his well-documented troubles off the ice have largely been forgotten over the years. So maybe it's time for a refresher.

Hull's second wife, Joanne, accused him of abuse during their 20-year marriage, which included his time with the Jets. During one incident, she said, he threatened her life with a loaded shotgun. During another, she said, he beat her in the head with the heel of a shoe and then dangled her over a balcony. "I thought, this is the end, I'm going," she told ESPN as part of a 2002 documentary. And physical cruelty was featured prominently in testimony during the couple's 1980 divorce.

The abuse was corroborated by Hull's own daughter, now an attorney who specializes in domestic-violence cases, during an ESPN interview.

> CHIEF OPERATING OFFICER, PRINT Sandy MacLeod

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Hull remarried in 1984, and two years later was arrested on charges of battering his third wife, Deborah, during an argument in the parking lot of their Chicago-area condo complex. "There was evidence he had struck his wife in the face," police said at the time. "She had some contusions, some swelling."

Hull's wife later refused to press charges against him, but he did plead guilty to assaulting a police officer during the incident.

When he was asked by the National Post in 2010 about previous allegations of abuse, Hull said, "I think my wife is a better wife now than when we got married."

If that isn't repugnant enough, consider Hull's quotes in a 1998 Moscow Times story when he said the black population in the U.S. was growing too fast and that Hitler "had some good ideas. He just went a little bit too far."

Credible domestic-violence allegations, assaulting a police officer, and racism? Pro-Hitler sentiments? Geez.

This organization rightfully shipped Evander Kane out of town for skipping a few practices and restaurant tabs, yet it's going to throw a celebration for Bobby Hull?

This honour might make a few old-time hockey fans happy, but it's a crosscheck to the face of the wider community that True North has tried so hard to serve over the past 15 years. Hull may have been a great Jet, but the Jets, True North and Winnipeg are better than Bobby Hull.

Colin Fast is a

communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter.



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Your essential daily news

New Sprout Pencil turns waste into plants — stub of pencil is filled with seeds

Mooove over conventional dairy

WATER BUFFALO

A boom in an unusual milk is being driven by foodie culture

Genna **Buck** Metro Canada



At Gerry McClintock's home, buffalo roam.

Business is booming at his family dairy farm near Courtenay, B.C. — but not thanks to conventional dairy cows.

He raises water buffalo: docile, river-dwelling dairy animals of South Asian origin; not to be confused with North American bison or African buffalo — you'd be wise not to try milking either of those.

He's milking a growing market for products made with rich, creamy buffalo milk.

In the five years he's been in business, growth has been strong and steady at about 10 per cent a year, until now.

"Recently it's really started to take off," McClintock said. 'We're expecting growth in the 30 per cent range this year."

About half his milk is made into yogurt even thicker than the Greek type, because it's so high in fat and milk solids and naturally exists in a homogenized state.

The rest is sold to producers of cheeses including mozzarella di bufala, an ultra-creamy Itallian delicacy that's particularly tasty in a Caprese salad with tomatoes and fresh herbs.



Water buffalo from the McClintock family's herd near Courtenay, B.C. CONTRIBUTED

Georgs Kolesnikovs, founder and director of the Great Canadian Cheese Festival, is a fan.

"Buffalo milk makes an exceptional cheese. It's porcelain white. It's a richer, fattier cheese than cow's milk and the taste is a richer dairy taste," he said.

And nothing, he said, compares to buffalo ice cream: "The first time I had ice cream with water buffalo, I asked, 'What is this? This is just heavenly!' Very creamy, very rich, very white."

Kolesnikovs, too, has witnessed a buffalo boom. "When I started the first cheese festival in 2011, I think I could count the number of cheese producers using this milk on one hand. There were maybe two or three," he said. "Now there are probably two dozen."

Why? Growing interest in gastronomy.

"It's driven by the real cheese enthusiasts, the foodies. They

want something better, more natural, healthier, more local."

McClintock recognized the demand for the types of products he produces: with no additives or imported ingredients, using animals that are 100-percent grass-fed.

But there's another reason he got into the buffalo business after years as a beef farmer. His daughter studied dairy farming and had wanted to get cows, but the amount the family

NUTRITION COMPARISON

Per 100g of milk

Cow's milk

Calories 62 Protein 3.3 g Fat 3.3g Calcium 112 mg

Buffalo milk

Calories 99 Protein 4.0a Fat 7.5a Calcium 191g U.N. FOOD AND AGRICULTURE ORGANIZATION



Mozzarella di bufala is a creamy Italian cheese made with buffalo milk. A version is now being made in Canada. ISTOCK

would have to pay for a quota - a one-time fee of \$43,000 per animal, according to the B.C. milk marketing board — "didn't make economic sense."

And buffalo yogurt and cheese, still niche items and mostly handmade, command a premium price, as opposed to commodity-priced cow's milk.

Still, Kolesnikovs doesn't expect Buffalo stuff to sell on par with conventional dairy any time soon. There's still a large group of Canadians who are icked out by buffalo dairy possibly because it's "exotic" and unfamiliar.

They might warm up to the idea after meeting a water buffalo in person. Compared to cows, they're positively cuddly, with personalities, "just like a dog," according to McClintock.

Supposedly they make wonderful pets, if you want a 2,000-pound pet," Kolesnikovs



JOHANNA SCHNELLER WHAT I'M WATCHING

A sketch show that knows when to keep it short



The women of the Baroness von Sketch Show. CONTRIBUTED

THE SHOW: Baroness von Sketch Show, Season 1, episodes 3, 4, 5 THE MOMENT: The short sketches

Episode 3: The title card reads, "Moms Say Hello." One by one, various moms knock on back doors, pass each other walking, answer phones, tentatively open basement doors. Each time, they trill "Helloooo" or "Hellew?" or "Heh-LO!"

Episode 4: Four office mates finish digging a grave, then roll in a wrapped corpse. "Stop crying," one says to another. We all agreed: F- Tom, marry Jane, kill Todd. Now call Tom, he's going to be so excited."

Episode 5: A woman approaches her very pregnant friend. "May I touch?" she asks. 'Go ahead," the friend replies. The woman reaches out and squeezes her friend's breasts. 'So beautiful, what a miracle,"

she coos.

The CBC wisely renewed this series almost immediately after it began airing. Rejoicing abounds. The sketches are consistently fresh and funny, and here's one big reason why: writer/performers Carolyn Taylor, Meredith MacNeill, Aurora Browne and Jennifer Whalen understand that some sketches are meant to be brief.

That may sound simple, but it eludes too many comedy shows, including the granddaddy, Saturday Night Live. How many times have you laughed at an SNL sketch as it began, only to feel your smile fade as it drags on?

The Baronesses don't belabour. This frees them up to cram the maximum amount of funny into 22 minutes. And as a viewer, you get to relax, because you know that if a bit goes longer — unlike the trio in Episode 5 who do an

intervention with a pal who can't tell a story right — it's

Baroness von Sketch Show just wrapped its first season on CBC-TV, but you can watch episodes online on the CBC website.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metr#LIFE | Food Wednesday, July 27, 2016 **13**

FARMING

Ontario pair is growing tropical fruit in the north

Terry Brake was in a car crash 11 years ago that left him with a brain injury and forced him to quit his job as a mechanical engineer. He had to relearn how to walk and talk, and was unable to work longer than two hour stretches.

As part of his therapy, Brake was given a banana plant from his South African doctor to help relax him. That gesture planted an idea. When his longtime caregiver Laurie Macpherson bought a 40-hectare farm in Huron County the idea took seed. They became business partners and started a tropical fruit farm.

Growing bananas and papayas in Ontario's climate would appear to be an impossible endeavour without a sophisticated laboratory and team of horticulturalists. However, the two simply started seeding and graphing plants on their own and with lots of trial and error, it took root.

The cost of bananas is four for \$2 while papayas are \$3 each, compared to the average of \$1.20 and \$6 respectively at the big supermarkets.

Located in Blyth, about a three-hour drive west of Toronto, Macpherson and Brake needed a career change when they start-



Terry Brake and Laurie Macpherson have started a tropical fruit farm in Blyth, Ontario. ISTOCK

ed the farm in 2010. The locals were skeptical when word got out they were growing bananas.

"We've been accused of growing pot or we were getting it from the food terminal," says Macpherson, who was previously a law clerk for 25 years.

"So we had open houses, asking them to come in and see it for themselves."

A cluster of 10 banana trees with broad, fragrant leaves hits you in the face as you step deeper into the hoop house, essentially a giant plastic tent with metal arches grounded by wooden planks. The bananas are still green and won't be ready for market for another week, but Macpherson goes into her house to fetch a plate of Lady Fingers, a type of fat little bananas with thick skins, that's sweeter than the Cavendish, the variety produced for export markets.

A circular path along the perimeter of the house is dotted with pineapple plants, long spiky leaves poke your ankles as you walk past trees sprouting guava, papaya and oranges. Brake, who acts as the farm's administrator, plucks a leaf from the lemon tree for me to smell. The scent was more intense than lemon zest.

"Our dream is to see growing everywhere and not have to depend on other countries and employ local people," says

Brake, "We don't need to rely on boats or planes and we can have better tasting fruit that would otherwise rot during transport."

'We travel to the Dominican Republic and get tips from the plantations there. We also made a friend in Jamaica who works at a resort and showed us how to graph and grow the plants," says Macpherson. "We also learned that orange trees have to be constantly trimmed before they bear fruit, and that lemons have to be picked before they turn yellow or else they rot quickly."

This year, they're introducing lychee, starfruit and passionfruit. The one crop that failed to flourish? Coconut. The cold-sensitive

tree didn't survive the winter and the two thought it was too much trouble to replant it.

But how do the rest of the plants fare since Ontario is far from having a tropical climate? When temperatures start dipping, the hoop houses are heated by an outdoor furnace fuelled by wood cut down on the farm's property. "We do select cutting," says Brake. "We have loggers cut trees from an area and we don't cut from it again for 20 years. We noticed in the last six years, our maple trees have gotten bigger because they have more room to grow now."

The duo's efforts aren't being universally praised by the com-

FRUITS OF THEIR LABOUR

Here's just a few of the fruits that Brake and

Macpherson have grown:

- Bananas
- Papayas
- Pineapple
- Oranges
- Lemons

munity, however. The farm is currently facing multiple charges from the Township of Huron and Huron County as well as a single charge from the Maitland Conservation Authority for allegations including failure to obtain permits for its hoop houses as well as altering the wetland and clear-cutting on their property.

When contacted for a statement, The Township of Huron and Maitland Conservation Authority said they cannot comment on matters regarding ongoing cases.

Brake and Macpherson are scheduled to go to pretrial with the conservation authority in December and the next court date with the township is in October.

Brake is optimistic that the legal hurdles will clear by the end of the year. The two hope to expand operations and build 100 hoop houses on the property next year so they could reach other markets in Ontario like the GTA.

"The county put us in a pickle but we're here to stay," says Macpherson.

TORSTAR NEWS SERVICE



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Chocolate milk

Make sure your milk isn't dessert in a bottle!







Equivalent to a medium Chocolate Dipped Cone from Dairy Queen in sugar

Chocolate milk is a favourite of kids and adults alike, and is seen as a fairly healthy way to get in one's milk intake. It gives you eight grams of good quality protein, and if you're working out intensely the carbohydrates help replace lost glycogen that gives you energy. If you're going to enjoy a chocolately beverage, make sure it's regular lower fat chocolate milk and not a liquefied chocolate bar! The Cadbury Caramilk Caramel Chocolate Milkshake is not a milk alternative — it's got double the calories, fat and sugar.

(1) LIQUID ASSETS

Vinho Verde perfect for summertime sipping

It's summertime and the drinking should be easy, with light, fruity reds and cool, crisp whites your goto wines when the heat is

on. Those white wines from the Portuguese region of Vinho Verde (which translates to green wine) deserve the crown.

Typically low in alcohol with a slight hint of effer-

vescence and bright acidity wines like Sogrape's Gazela Vinho Verde (\$9.05-\$12.99) are a natural match for warm days and seafood heavy menus.

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Your essential daily news

Aston Martin's AM-RB 001 aims for highest redline of any production car

An almost stress-free drive



THE CHECKLIST 2017 FORD FUSION

THE BASICS

Engine: 2.5L 4-cyl/1.5L Eco-Boost 4-cyl/2.0L EcoBoost 4-cyl/2.7L EcoBoost V6 Power: 175 hp, 181 hp, 245 hp, 325 hp Transmission: Six-speed

automatic

Fuel Economy (L/100 km): 10 city, 7 hwy (1.5L) Price: Starts at \$22,481



LOVE IT

- Clean, Functional
- Great Driver Assistance
- Tech Stylish Look

LEAVE IT

- Feels Too Big Not Terribly Sporty

New Fusion's features help take the pressure off



Jodi Lai AutoGuide.com

My ex used to drive a Ford Fusion, so naturally, I don't have the best memories of it. I still get anxiety when I see an older version of the popular family sedan on the road in grey — although thankfully the latest edition looks and feels different enough that it doesn't give me anxiety!

Ford is trying to take the anxiety out of everyone's daily commute by giving the 2017 Fusion a more upscale look and massive

upgrades. Probably the most significant and stress-reducing improvement to the Fusion is the availability of an entire suite of driver assistance features: Active lane-keep assist, adaptive automatic highbeams, adaptive cruise control with stop and go traffic assist, automatic emergency braking with pedestrian detection, cross traffic assist (which can see cars up to 10 car lengths away), rear view camera, driver drowsiness alert, blind spot monitoring, and a new parking assistant that can park in parallel and perpendicular spots as well as help you exit a

The best part of Ford's driver assistance tech is how intuitive and unobtrusive it is to use. The adaptive cruise control in par-

parking spot (both new features).

ticular was smooth and natural feeling. The fact it comes with stop and go, unlike many other cars with adaptive cruise, is a huge bonus that helps relieve the monotony of traffic jams.

Ford has gone to great lengths to ensure the Fusion's interior is smarter and more luxurious than before. You can even get quilted leather and ventilated seats if you want, and the interior punches above its price point. Perhaps the best change to the interior is the center console: the maddening touch-sensitive buttons are gone in favour of real, tactile buttons.

I spent most of the time driving in a Fusion equipped with the 2.0L engine, which exhibited a fair amount of turbo lag and had a tough time mustering the strength to do a pass on the highway. It should be sufficient for most drivers, but it definitely doesn't make the Fusion feel sporty.

The 2017 Ford Fusion gets updates that make it extremely competitive in the family sedan segment, which is still seeing huge sales despite the popularity of crossovers. Besides looking more luxurious on the outside and offering more luxurious trims on the inside, the most impressive update to this new Fusion is all the tech it gets.

There is a lot to be anxious about in today's world — bumping into exes, performance evaluations at work, worrying about how you will be judged for binge watching the entire latest season of Game of Thrones in one sitting — but the 2017 Ford Fusion does a really good job as a stressreliever, and we need more of that in our frantic lives.

BMW 7 series lineup expands with plug-in hybrid variants



Jason Siu AutoGuide.com

BMW has officially introduced the plug-in hybrid variants for its flagship sedan.

Borrowing technology from its i sub-brand, the BMW eDrive drive system technology is heading to the 7 Series in three forms: BMW 740e iPerformance, long-wheelbase BMW 740Le iPerformance and BMW 740Le xDrive iPerformance.

All three models feature a latest-generation four-cylinder

turbocharged engine paired to an electric motor to provide a total system output of 326 horsepower and 550 kilogram/ metre of torque.

On the EU test cycle, the 740e iPerformance and 740Le iPerformance models have an all-electric range of 43 to 48 kilometres, while the all-wheeldrive xDrive variant returns 40 to 45 kilometres of all-electric driving.

Mated to the hybrid powertrain is an eight-speed Steptronic transmission that promises to deliver "outstanding internal efficiency, top-class shift dynamics and shift comfort and a compact construction," according to BMW.

Available as an option are gearshift paddles.

All told, the standard 740e iPerformance is capable of hitting 100 kilometres an hour from a standstill in 5.4 seconds, while the long-wheelbase 740Le model does it 0.1 seconds slower.

The xDrive variant is slightly quicker at 5.3 seconds.

An eDrive button will allow the driver to choose between settings, with the Auto mode focusing on maximizing range, but will engage the gasoline engine at 80 km/h or under at heavy throttle.

The plug-in hybrid 7 Series models will come standard with auxiliary heating and cooling, which allows owners to prepare the cabin's interior temperature in advance.

The German automaker confirmed that the BMW 7 Series iPerformance plug-in hybrid will arrive in the U.S. this August with a starting price of \$90,095 U.S.



The plug-in hybrid 7 Series models will come standard with auxiliary heating and cooling. CONTRIBUTED

16 Wednesday, July 27, 2016 metr

WHEELS

How smartphones are changing cars

TECHNOLOGY

From mapping your route to maybe saving your life



Sami Haj-Assaad AutoGuide.com

Your smartphone has become an important part of your life, even during your commute. While using a phone while driving is dangerous, it's clear that the processing power and versatility of your device can be very useful.

Automakers are finally starting to realize this potential and are integrating more smartphone connectivity into new vehicles. The end result is that your phone is beginning to replace some traditional functions in your vehicle. Here are six ways your smartphone is changing how you drive.

Maps

Automakers are turning to smartphones to power the navigation systems in vehicles. With an a plug righeadpho

Ever cate warm

i

PARKING

Many apps that let you pay for parking also let you digitally top up from your phone.

a Blucar's OB can use status of

While distracted driving is obviously a no-no, smartphones are meaningfully contributing to the automoble experience. ISTOCK

Thanks to Android Auto and Apple CarPlay, your favourite mapping app is available on your car's dashboard. In addition, all locations stored in your phone's address book can be easily accessed on your infotainment screen.

This is important because, unlike your car, your smartphone has an always-on Internet connection. As a result, your maps will always be up to date and routes will be automatically adjusted to get you to your destination faster by avoiding traffic jams, construction and closed roads.

Media

This is an obvious one. With CD players disappearing from

new cars, something has to come along to replace them. Smartphones not only have a lot of extra storage for your music, but they are also connected to the Internet, so they can stream your favourite tunes from an online service like Google Play or Pandora. Many cars also come with Bluetooth so you can stream your music

wirelessly. Other vehicles come with an auxiliary cable that can plug right into your phone's headphone jack.

Diagnostics

Ever catch a strange dashboard warning light, only to have it to disappear the next time you turn on the car?

There are some apps and hardware out there that will give you more information about what is going on with your ride. First, you plug in

a Bluetooth adapter to your car's OBDII port, and then you can use an app to tell you the status of various systems in your ride. You can understand and clear diagnostic trouble codes, or use it to get more information about your air-to-fuel mix.

Some apps can even tell you how to drive more efficiently.

Keys

Connected cars have Internet access, like your smartphone. Many automakers are also starting to offer apps with their cars to give drivers real-time updates on their vehicle's status. You

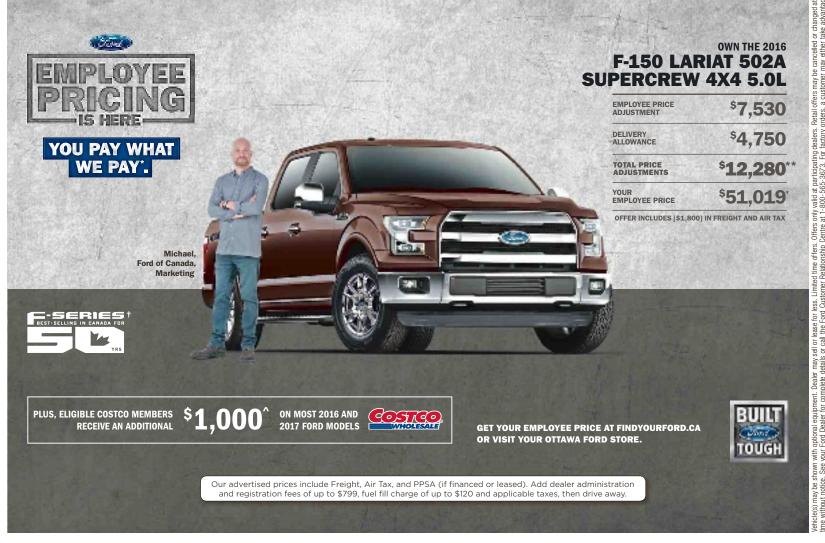
can see where you parked, how much fuel you have left, and even if you forgot to lock the doors. Many of these apps can also give you remote access so you can lock, close the windows or start your car remotely.

GM, Hyundai, BMW and Mercedes offer this kind of connection to your car from your phone, but Volvo is looking to take this concept to the next logical step by making your phone the actual key to your car.

Anti-Collision Systems

As cars become more connected, they will be able to communicate with the things around them. Stop lights, for example, will be able to talk to your car and tell it when the light will go green so it can restart the engine.

That's all well and good, but what about pedestrians? You know those unpredictable people wandering in close proximity to the road? They're often buried in their phones, oblivious to the cars zooming by them. Their smartphones will be able to connect to the car or infrastructure in order to keep collisions and injuries to a minimum.



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Jays add depth in outfield

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Upton acquired in trade with San Diego

The Toronto Blue Jays addressed two needs with one deal Tuesday by acquiring Melvin Upton Jr. from the San Diego Padres for a low-level pitching prospect.

Upton's addition gives the team a quality veteran backup outfielder for the stretch drive and also provides stability next year in the event of free agency departures.

General manager Ross Atkins said he started talking with the Padres when right-fielder Jose Bautista suffered a toe injury in mid-June.

"What attracted us to (Upton) was several things: the defence at all three positions, speed, base-running, base-stealer, power, versatility and depth," Atkins said. "So I feel great about some of the pieces in the minor leagues, but adding him to our major-league team now and having another year of control seemed to make sense for us."

The Blue Jays also received cash from San Diego in return for 19-year-old Hansel Rodriguez, who's in his third season with Bluefield in the rookie-level Appalachian League.

Upton, 31, had a .256 batting average over 92 games with San Diego. He hit 16 home runs and had 45 RBIs, 20 stolen bases, a .304 on-base percentage and .439 slugging percentage.

He was available to come off the bench against his former team on Tuesday night in Toronto

"He's having a nice year," said Blue Jays manager John Gibbons. "So we'll think he'll add something."

Bautista returned Monday night after missing over five weeks of action. Michael Saunders is enjoying an impressive season in left field and Kevin Pillar is the everyday centre-fielder.

Upton said he hadn't yet talked to Gibbons about his defined role on the team.

"He said I was going to play, that we didn't bring you here just to have you here, that I was brought to the team to (help them) win," Upton said. "What that might be, I don't know. From what I understand, I'm going to be seeing a lot of lefties. I'm good with that. And whatever else he needs me to do, I'm up for it."

Upton is particularly strong against left-handed pitchers and could be slotted in at the leadoff spot if needed. Barring injury to one of the regulars, he'll likely be used as a late-inning replacement or when a starter needs a rest day or is moved into the designated hitter spot.

Bautista and Saunders are in the final year of their respective contracts. Upton, meanwhile, is in the fourth year of a U\$\$75.25million, five-year deal he signed with Atlanta before the 2013 season.

Upton will earn \$16.45 million next year. Atkins declined comment on financial details but reports indicated the Padres will pay about three-quarters of Upton's remaining salary.

Upton was selected by Tampa Bay with the second overall pick in the 2002 draft and made his big-league debut with the Rays in 2004. THE CANADIAN PRESS

WITH FILES FROM THE ASSOCIATED PRESS



 $\label{lem:melling} \textbf{Melvin Upton Jr. takes the field during batting practice wearing his new colours.}$

Gyorko goes yard, Cardinals top Mets

Jedd Gyorko homered again, hitting a two-run drive off Noah Syndergaard that sent the St. Louis Cardinals over the New York Mets 3-2 Tuesday in the first game of a doubleheader.

Gyorko connected for the sixth time in eight games, giving him 13 this season. The Cardinals lead the NL in home runs with 137, matching last year's total.

The Mets played at home for the first time since the allstar break. Citi Field was nearly **TUESDAY In New York**



METS

empty at the start, a day after a rainout forced the twinbill.

Carlos Martinez (10-6) gave up a two-run homer to Rene Rivera and left after the fifth inning with a 3-2 lead.

THE ASSOCIATED PRESS

IN BRIEF

Stoudemire calls it quits

Amare Stoudemire has retired from the NBA after signing his final contract with the New York Knicks.

The six-time all-star's greatest team success came in Phoenix as Steve Nash's pick-and-roll partner, but he chose to leave the NBA as a member of the Knicks, the team that had a lengthy playoff drought that ended after he signed there in 2010.

Baby Slice turning pro

Kevin Ferguson Jr., the oldest son of late fighting star Kimbo Slice, will make his professional mixed martial arts debut next month.

Ferguson had his first amateur MMA fight in March, stopping his opponent in 83 seconds. The 24-year-old will fight on the undercard of Bellator 160 in Anaheim on Aug. 26. THE ASSOCIATED PRESS

Accuracy earns Masoli a weekly CFL distinction

Hamilton quarterback Jeremiah Masoli, Saskatchewan receiver Naaman Roosevelt and Edmonton quarterback Mike Reilly have been named the CFL top performers of the week.

Masoli led the Ticats to a dramatic 25-point comeback win over Edmonton on Thursday. He broke a CFL record for most consecutive completions (23).

THE CANADIAN PRESS



Im excited to join my new @BlueJays teammates today and can't wait to help continue the winning tradition that's been built here. #letsgo @MelvinUptonJr

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18 | Wednesday, July 27, 2016

tally reaches 85

At least 85 athletes from the 387-strong Russian Olympic team announced last week have so far been barred from the Rio Games in connection with the country's doping

International federations in canoeing and modern pentathlon ruled out seven on Tuesday, including an Olympic gold medallist, following earlier rulings in swimming and rowing. Some appeals are likely.

Russian President Vladimir Putin's spokesman Dmitry Peskov told Russian media that Putin had discussed the doping issue with his national security council.

"The topic of the recent International Olympic Committee ruling relating to Russian athletes was raised ahead of Putin's planned meeting tomorrow with the Russian Olympic team," Peskov was quoted as saying.

The vast majority of the Russian athletes who miss and field, where 67 athletes were ruled out when a ban on the Russian team was upheld at the Court **Alexander** of Arbitration for **Dyachenko** Sport last week. GETTY IMAGES More are fall-

ing foul of new rules imposed in the wake of the country's doping scandal.

While Russia avoided a blanket ban from the International Olympic Committee, it has lost several medal contenders to new IOC rules imposed Sunday banning Russia from entering athletes who previously doped.

Alexander Dyachenko, who won gold in the men's double kayak 200 metres at the 2012 London Games, was among five canoeists ruled out after being named in a recent report by World Anti-Doping Agency investigator Richard McLaren alleging a state-sponsored doping cover-up. THE ASSOCIATED PRESS

Russian suspension The one that won't leave Lefty's mind

PGA CHAMPIONSHIP

Mickelson still ruing British Open loss ahead of Baltusrol

If you thought two weeks was enough time for Phil Mickelson to get over his second-place finish in the British Open duel with Henrik Stenson, guess

Lefty said it's going to take a long time to get over the British Open, probably longer than any of his other excruciating losses in a major.

The hurt and disappointment wasn't because Mickelson missed out on either his sixth major or his first win since the 2013 British Open. This was the first time the 46-year-old Mickelson played his best and it still wasn't good enough.

The 40-year-old Stenson won his first major with a recordshattering 20-under total.

"I think it's one of those things where I'll look back over time and my disappointment will probably increase, because I think it's the first time in my career that I have played to that level of golf and not had it be enough to win a tournament," Mickelson said at practice to prepare for the PGA Championship at Baltusrol Golf Club in Springfield, N.J. 'That's a disappointing thing because I would have loved to have added another claret jug."

Jordan Spieth, who played a practice round with Michelson on Tuesday, walked over to his playing partner and told him it was fun to watch him and that he was unlucky not to win.

"And that's when he said,

'Hey, I've been on that side of things (lately), Masters in '15 and Troon even more so two weeks ago," Spieth said. "But then he's seen himself on

the other side of things where no one is running away with it and he wins in a close battle or he wins by a lot, whether it's in a major or regular tour event."

Mickelson believes he will

win again. He feels his game is improving, his swing is back and he likes the course. He validated his first major — the 2004 Masters — by capturing the 2005 PGA at Baltusrol with a 72nd hole birdie.

His goal this week is to play as well as he did at Troon. "I don't believe that there is a

> small window," Mickelson said of winning again. "I think there's a really big window of opportunity to add to my resumé, to continue to compete in big events, for the simple rea-

son that the feel and sensitivity of hitting shots, the ability to play golf courses a certain way, to visualize, to make birdies, to pull shots off — that has not

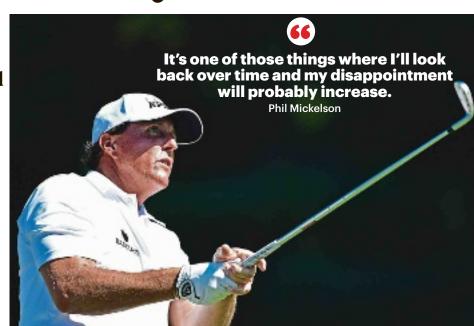
diminished."

What many people would like to see would be another Mickelson-Stenson showdown.

STUART FRANKLIN/GETTY IMAGES

Stenson said he has not had a chance to talk with Mickelson since The Open.

"It's one of those things; it doesn't really strike you when you're in the middle of it," Stenson said "But afterward, with the 63 and the 20-under and the way we played, we pushed each other to the limit, both of us, for 36 holes more or less, and trading punches and blows all the way around the golf course for two days. That certainly is what made us play so well. We both wanted it badly and we performed so well because of each other." THE ASSOCIATED PRESS



ROGERS CUP

Shapovalov arrives ahead of schedule



Gilbert Ngabo Metro | Toronto

With a victory over Nick Kygrios in the first round of the Rogers Cup on Monday, Denis Shapovalov showed the world he's ready for prime time. The 17-year-old Canadian dispatched the world No. 19 in three sets in front of his hometown crowd, delivering a performance that left his coach Adriano Fuorivia stunned.

"Yesterday was as far as I thought he would go," Fuorivia told Metro. "Anything more would be a bonus. For his age right now, he's already exceeded my expectations.

Hailing from Thornhill, Ont., Shapovalov grew up watching Milos Raonic and has tried to



Eugenie Bouchard thrilled her hometown crowd with a 6-3, 3-6, 7-6 (3) win over Lucie Safarova in the first round of the women's Rogers Cup on Tuesday.

Bouchard fell behind 3-1 in the tiebreaker but then put up six straight points, taking the win on Safarova's double fault on match point in a nearly sold-out Uniprix Stadium. THE CANADIAN PRESS

model his game after his big-serving countryman.

The formula seems to be working. Shapovalov won junior title two

the Wimbledon Shapovalov GETTY IMAGES

weeks ago and was a runner-up in doubles.

Fuorivia said Shapovalov's game has matured in the past two years. His serve is developing nicely, his forehand is improving and his overall athleticism is continuing to grow, he said.

But perhaps most importantly, his mental toughness is starting to show.

"When a player can go through some draws and beat some good players, confidence shoots pretty high," said Fuorivia.

The coach says Shapovalov's success is a testament to the depth of tennis both in Toronto and nationwide and a sign Canadians could soon be hoisting some of the sport's top trophies.

In addition to new challenges on the court, Fuorivia said, his charge is also learning to deal with life in the spotlight.

"He's just your average kid who loves playing tennis," he said. "He's out there signing autographs, taking pictures with everybody. He's handling it pretty well.

Ref Thomas happy to move on to Year 2

Phil Mickelson's 265 final

total at Troon would have won every British Open

other than the most recent

Sarah Thomas was never hit by the pressure of being the first woman to be a full-time NFL game official until after her first season on the job.

It wasn't until this past offseason that Thomas pondered what really happened after accomplishing her goal, which was to work full-time at football's highest level and not necessarily be a trailblazer in doing so.

"When I first started all this last year, I said I don't feel the pressure of it or anything like that, and I don't feel as if I did during the season," she said. "But

once I reflected back, I knew that there was a lot of pressure.... When I reflected back on it, I thought if something major had happened with being a first, not that I recognize myself as that, but just being a first, that it could have gone one of two ways. So I'm glad that it was a very smooth, underthe-radar, first year."

Thomas is now preparing for her second season as a side

Dean Blandino, the NFL's vice-president of officiating, said Thomas "had the same bumps" as any first-year offi-

cial.

"It was obviously big news last year, but she

handled everything so well and she had such a poise and grace about herself," Blandino said this month at the NFL's annual officiating clinic. "It's a challenge for any first-year official. For a first-year official to also be the first female official, there were a lot of other challenges that came with that, and she handled everything really well and had a good season."

THE ASSOCIATED PRESS

We just want to be officials; we

want to go unseen. Sarah Thomas

RECIPE Chicken with Black Bean and Corn Salad



Ceri Marsh & Laura Keogh For Metro Canada

This dish is a dinner trifecta thanks to a simple marinade, flavorful salad and 20-minute cook time.

Ready in

Prep time: 10 minutes Cook time: 20 minutes Makes: 4 servings

Ingredients

- 2 chicken breasts
- 2 cups (475 ml) fresh or frozen (thawed) corn kernels
- 1/2 cup finely chopped red onion • 2 cups (475 ml) cooked black beans, rinsed and drained
- 1 red bell pepper, cored,
- seeded and chopped • 1/3 cup (80 ml) cilantro

leaves, finely chopped Marinade

- 2 Tbsp (30 ml) fresh lime juice
- 1/4 cup (60 ml) olive oil
- · pinch salt and pepper
- 1 Tbsp (15 ml) honey

Dressing

- 2 Tbsp (30 ml) fresh lime juice
- 2 Tbsp (30 ml) olive oil
- •1 tsp (5 ml) honey
- · Pinch salt and pepper

Directions

- 1. Preheat your grill. Place your frozen corn in a bowl to thaw.
- 2. In a bowl, whisk together your marinade ingredients. Use about 2/3 of it to coat your chicken.
- 3. Rinse onions and place in bowl with black beans, red pepper and cilantro. Mix the dressing and pour over mixture. Stir in the corn.
- 4. Grill the chicken for 10 minutes over medium/high heat. Flip and grill for 10 more. Serve chicken with the mixture. Top with cilantro and a squeeze of lime.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BLICHANAN

ACROSS 1. Become dry. as lips 5. Suffix with 'Poet' 9. Certainly, casually 14. Wee writer 15. Connecting point 16. Anna Paquin movie, 'The _" (1993) 17. Get scared in the haunted house: 3 wds. 19. Tranquil 20. High-ranking fleet officer 21. Pre-lah note 23. Mr. Rock 24. Canadian coffee/ snacks chain: 2 wds. 27. Snowy _ 30. Verve 31. Tap 33. Oz character's coating 34. Trails 38. Panache 39. Ceiling 40. _ moment (Perfectly sentimental time for a snapshot) 41. Curved music symbol 42. Sidekick 43. Change NaCl by dissolving it into water to become Na+ and Cl-44. Way one carries oneself 47. Shooting marble 48. Canned fish for Canadian seafood brand Clover Leaf: 2 wds 52. "Goodness!" 53. Comic actress Ms. Poehler 54. Mane mesh 58. Did tannery

19 20 22 23 24 25 28 32 33 35 38 40 39 43 58 83 2 wds. lumination

32. Approximately, in dates 35. Mine passage 36. Strip by the Mediterranean Sea 37. Misrepresent 39. Traveller's tote 40. Walter _ (Chekov on "Star Trek") 42. Graduation ball 43. Some lizards 45. University in Wolfville, Nova Scotia 46. Comfy 48. Turkish honorifics, variantly 49. Georges Bizet's operatic priestess 50. Darken 51. Illegal intentional ignition 55. Sportswear brand 56. Change 57. Souvenir shirts, shortly 59. Tide variety 61. Don't truth-tell

28. Partition

29. Hawaiian feast

60. Next to 62. Courtroom excuse 63. Peru's capital 64. -Dokie 65. Ballroom dance 66. Some brand name jeans

67. Profits

DOWN

1. _ Grande Ruins, in Arizona 2. Tinted 3. "Up and (Rise and shine!) 4. "Why Can't I?"

singer Liz 5. Populate 6. "Cut that out!":

11. Verse form of Japan 12. Without il-

7. Web pop-ups, e.g. 8. Accidentally blurts out the secret: 2 wds. 9. Consequence 10. Chart-topper

man-style

character 22. Norse deity 25. Cape Breton fiddler Ms. MacMaster 26. Hosiery material 27. Does in, hit-

18. "Sesame Street"

13. Carries

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

work, sav

Aries March 21 - April 20 An unexpected social invitation might come your way today, because this day is full of surprises that can even affect your children. To be safe, guard your kids against accidents.

Taurus April 21 - May 21 Stock the fridge today, because surprise company likely will drop by. Meanwhile, your home routine might be interrupted because a small appliance might break down. (Groan.)

Gemini May 22 - June 21 Spontaneous, unexpected events will change your daily routine today. An unexpected short trip is an example. You will enjoy meeting new faces, seeing new places and learning something unusual and different.

Cancer June 22 - July 23 You're full of clever moneymaking ideas today. However, finances are unpredictable. Keep your eyes open! Double-check all money transactions. Keep your receipts for spontaneous purchases.

Leo July 24 - Aug. 23 Today you're restless and eager to do something fresh and different. Stay light on your feet so you can go with the flow. Accept spontaneous invitations.

Virgo Aug. 24 - Sept. 23 Unexpected secrets might come out today. Or you might make a breakthrough in some kind of research or study of the past. You might discover an old photo album. **Libra** Sept. 24 - Oct. 23 This is an exciting, stimulating day! Stay active so that you can avoid boredom. Your problem-solving abilities are tops, because you're thinking fast and your intuition is strong!

Scorpio Oct. 24 - Nov. 22 Bosses, parents and VIPs likely will surprise you today in some way. If offended, do not quit your day job. Be open to new suggestions and new ways of doing things.

Sagittarius Nov. 23 - Dec. 21 Sudden travel plans will fall in your lap today. In fact, you will love anything that introduces you to foreign countries or different cultures.

Capricorn Dec. 22 - Jan. 20 Stay in touch with your bank account because something unpredictable might affect your shared property, taxes, debt and finances.

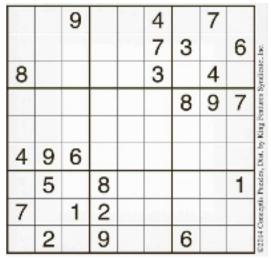
Aquarius Jan. 21 - Feb. 19 Make plans to socialize with a friend or partner today, because you don't want to be bored. Conversations with others will have an exciting, electric quality.

)—(Pisces

Feb. 20 - March 20 (Feb. 19 to March 20) New technology might be introduced at work today. Perhaps a new staff member? Something unusual will make your workday exciting and different.

CONCEPTIS SUDOKU by Dave Green

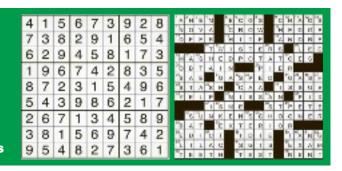
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